



ARIZONA BEHAVIORAL HEALTH and AGING COALITION

Promoting awareness of and access to behavioral health services that enhance the quality of life of older adults

Chairman's Update ~ Talking with Tiffany

It is with great excitement to inform the full Coalition that there is now a Southern Chapter. This was officially announced during the conference held on October 3, 2003 that Pima Council on Aging, Community Partnership of Southern Arizona (CPSA), and Southeastern Arizona Behavioral Health Services (SEABHS) planned together. We now have both a Southern Chapter and a Northern Chapter of the Behavioral Health and Aging Coalition.

During the last full Coalition meeting that was held on September 16, 2003, members decided that the full meetings should to be held three times per year (it was previously four) and be held in different regions of the state. The January 13th meeting will be held in Tucson, and all meeting will now be available via telemedicine. Telemedicine capabilities are available

throughout the behavioral health network. It is the hope that by having the meeting throughout the state, and offering the telemedicine options, more members statewide will be able to participate in the full coalition meetings. Details of the meetings will be e-mailed out by Sharon Tolman. If you are not on the e-mail list, please contact Sharon at (602) 364-4613 or stolman@hs.state.az.us



Let's continue to help them maintain their health and happiness.

Creating Collaborations: Preventing Alcohol and Prescription Drug Use Problems in Older Adults

The Arizona Department of Health Services, Division of Behavioral Health (ADHS/DBHS) obtained technical assistance funding from the Center for Substance Abuse Prevention (CSAP) and offered a one day meeting/training on September 12, 2003 titled: Creating Collaborations: Addressing Substance Abuse and Prescription Misuse in Older Adults. Dr. Frederick Blow, a national expert on this topic, presented information to the Directors and/or program clinical staff of the Regional Behavioral Health Authorities, Area Agen-

cies on Aging and Adult Protective Services throughout the state. Approximately 60 individuals participated to learn more about the unique needs of the older adult population, as well as the prevention and treatment for these disorders. The participants of the training also discussed future collaborations and made regional recommendations. ADHS/DBHS is awaiting the final report from CSAP; it will be disseminated to the different workgroups to assist in their continued efforts.

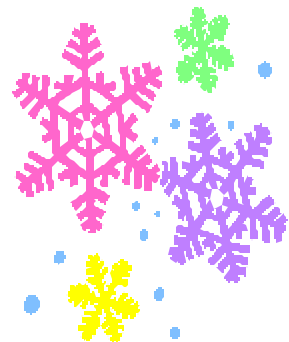
December 19, 2003

Volume 1, Issue 8

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*Wishing you a
Happy & Healthy
New Year!*





Southern Arizona BHAC

The Southern Arizona Chapter of the Behavioral Health and Aging Coalition has had a very successful start-up over the past several months. The Southern Chapter has had a significant response and participation from multiple agencies and individuals throughout Tucson and has met twice.

Currently the Chapter is working on refining Mission Statement and

Key Goals. The next Southern Arizona BHAC meeting is February 11, 2004 at 9:30 am at the Pima Council on Aging, 8467 East Broadway in Tucson.

For additional information contact Mike Rozer at the Tucson Mental Health Association (520-882-4806) or Deborah Acuna at COPE Behavioral Health (520-584-5844).

Governor's Conference on Aging

The Governor's Advisory Council on Aging is hosting its 12th bi-annual Governor's Conference on Aging on May 11-13 in Mesa, AZ

The theme is Active Aging: Learning Today—Enhancing Tomorrow. It will serve as a forum to explore new and better ways to manage health through individual lifestyle choices, effective service delivery systems, and community participation.

For more information, contact the Council's Executive Director, Barry Gold at (602) 542-4710.

Conference on Behavioral Health Services and Older Adults

On October 3rd, 2003, Pima Council on Aging, Community Partnership of Southern Arizona (CPSA), Southeastern Arizona Behavioral Health Services (SEABHS) and over 15 local behavioral health and aging-related organizations sponsored an extremely successful Conference on Behavioral Health Services and Older Adults at the Doubletree Hotel in Tucson, Arizona. 400 mental health/aging professionals and lay public attended the conference.

The conference addressed multiple issues through individual speakers and panel groups with audience participation. Two highlights of the day were a family panel following lunch and Key-

note speaker Donna Wagner who gave an excellent presentation; she outlined current and future behavioral

health needs of the aging population with an emphasis on the need for future community collaboration.

The conference planning committee remains active and will meet again in January to consider follow-up plans. Plans that are currently being considered: a second conference within 18 months and various other prior events including a doctor's dinner and educational meetings between the mental health system and area aging case managers.



Northern Arizona BHAC

Dennis Garvey of Yavapai College is developing an upcoming workshop entitled "Life Transitions". Dennis will co-facilitate this workshop with David Van Gorder and will announce details as they become available.

NAZBHAC is looking forward to the completion of the Tri-City Resource Guide (Prescott, Prescott Valley and Chino Valley). Look for this great addition to your information and referral library early in 2004.

NAZBHAC is sponsoring a two day training with Naomi Feil on Validation Therapy Technique April 16-17, 2004. Brochures will be printed and available in January 2004. Call Southwest Education Center at (928) 776-6124 for a brochure or more information. CEUs will be available. **Save the Date!**



Upcoming Events

January 8 9:30 - 11:30 am
COUNCIL OF SENIOR CITIZENS ORGANIZATIONS—Canoa Hills Social Center, 3660 S. Camino del Sol, Green Valley "Services available through Pima Council on Aging" (520) 790-7262.

January 9 11:30 am
ANNUAL CHARLES SHOTTLAND MEMORIAL LECTURE & LUNCHEON Manning House, 450 West Paseo Redondo. Governor Janet Napolitano will be the guest speaker. For more information and ticket prices, please call 790-7262

January 15 VICaP Volunteer Orientation – Christ Episcopal Church – 35500 N. Cave Creek Rd. - Carefree, AZ – 9:00 – 11:30 a.m. – Contact: 602-285-0543

January 24 VICaP Volunteer Orientation – Christ Episcopal Church – 35500 N. Cave Creek Rd. - Carefree, AZ – 9:00 – 11:30 a.m. – Contact: 602-285-0543

January 24 OPENING CEREMONIES FOR THE 20th ANNIVERSARY OF THE TUCSON SENIOR OLYMPIC FESTIVAL
The Tucson Senior Olympics began

in 1985 with 10 activities & 300 participants; in 2003 it offered 32 activities and had 2500 participants. For more information, call (5 2 0) 7 9 1 - 3 2 4 4 .

February 20 ASCA Senior State Spelling Bee – Sheraton Crescent Hotel, I-17/Dunlap Phoenix, AZ - 11:00 a.m. Lunch – Bee starts at 1:00 p.m. – Registration forms will be sent in January or available at meetings - Contact Arizona Senior Center Association: 623 – 931-7436 Shirley, Donna or Joan for further information

March 6 Native American Healthcare Provider Conference – Hyatt Regency Hotel – Phoenix, AZ – Contact: Minnie Jim at 623-875-6524 or email Minnie.Jim@sunhealth.org

March 24 The Politics of Achieving Health Care for All at the State Level – Bulpitt Auditorium, Phoenix College – 1202 West Thomas Rd. – Phoenix, AZ – 7:30 p.m. – For more information on the Honors Forum Lecture Series, please visit the MCLI Website at: www.mcli.dist.maricopa.edu/honors/forum.php

Advocacy Committee

The focus of the Committee's efforts is on Mental Health Insurance Parity Legislation and on the Gate Openers—Older Adults at Risk Pilot Program legislation.

Mental health Insurance Parity
Legislation would support comprehensive mental health parity requiring insurance companies to treat all illnesses on an equal basis and prevent discrimination against individuals with mental illness.

Gate Openers—Older Adults at Risk Pilot Program

Legislation would support a collaborative effort between state government, the RBHAs, and Area Agencies on Aging that would identify older adults in need of mental health care and other services through coordinated outreach, intake and case management.

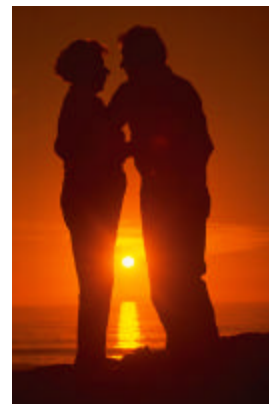
The Advocacy Committee meets on the 1st Wednesday of each month at 10:00 am at MHA . All BHAC members are invited to attend.

Best Practices Committee

The Best Practices Committee is partnering with the Department of Health Services/ Division of Behavioral Health/Office of Prevention to assist in the updating of "Prevention Framework for Behavioral Health". This document was originally developed in December 1996 and included very little information about older adult prevention.

The Committee had been working on a addendum to this document, but learned that the document itself was being revised.

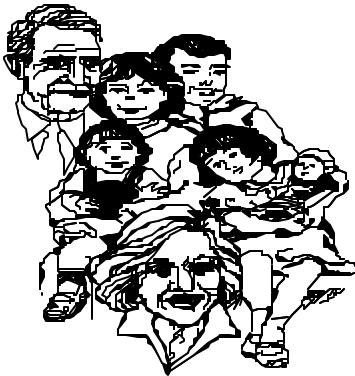
The Committee is a part of the workgroup that is updating the document; the goal is to have the document completed in the Summer of 2004.



**Promoting awareness of and
access to behavioral health**

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www.hs.state.az.us/bhs/councils

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that enhance the quality of life of older adults.

The Arizona Behavioral Health and Aging Coalition
provides opportunities for professionals, consum-
ers, government and private organizations to work
together towards improving the availability and
quality of mental health and substance abuse pre-
vention and treatment for Arizonans 60 years of
age and older, and their families.

16th Annual Arizona Indian Council on Aging Conference

In conjunction with the
8th Annual Conference On Advocacy for American Indians with Disabilities
April 13-15, 2004
Sheraton Wildhorse Pass Resort and Spa, Gila River Indian Community

The purpose of the 16th Annual Arizona Indian Council on Aging (AICOA) Conference is to focus on policies and healthy practices which will advance the well being of American Indian elders and individuals with disabilities. The conference is designed for these persons as well as service providers, informal and formal caregivers, volunteers, advocates, and others who impact policies and practices at the federal, state, local and community level.

For more information, please contact:
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